

“Release for Work”

IT IS RECOGNIZED that not infrequently difficulties are encountered in returning employees to work in industry when they have been absent for illness or injury of non-occupational origin. In attempting to improve lines of communication between private physicians and in-plant physicians, and at the same time to avoid difficulties for the employee-patient, the following example is presented. Using a form like the one shown below has been found to be quite valuable in this regard. The committee hopes that its publication will lead to greater use where such problems are encountered.

DOCTOR'S APPROVAL OF RETURN TO WORK FROM NONOCCUPATIONAL ILLNESS, INJURY OR SURGERY	
To: _____ (Medical Department of Employer)	Date: _____
_____ has been under my care for treatment of (Name of Patient)	
_____ and may return to work _____ (Date)	
<input type="checkbox"/> with no physical limitations. <input type="checkbox"/> with limitations as indicated below:	
1. Should avoid all lifting . . . <input type="checkbox"/> May lift up to 10 lb. . . . <input type="checkbox"/> May lift 25 to 35 lb. . . . <input type="checkbox"/> May lift up to 75 lb. . . . <input type="checkbox"/> 2. Should do sitting work only <input type="checkbox"/> Should have 40 per cent sitting work <input type="checkbox"/> 3. Should avoid climbing stairs <input type="checkbox"/> May climb stairs but not ladders <input type="checkbox"/> 4. Should avoid kneeling or squatting work <input type="checkbox"/>	5. Specific limitations not covered by foregoing (for example, vis- ion, hearing, contact or expo- sure, stress or strain, machine or vehicle operation, etc.) are: _____ _____ _____ 6. Surgical, orthopedic, safety, or other appliances that must be worn while working are: _____ _____
<input type="checkbox"/> This patient is still under my care. I will modify his limitations as progress permits.	
_____ (Signature of Physician)	

COMMITTEE ON OCCUPATIONAL HEALTH
CALIFORNIA MEDICAL ASSOCIATION

Comments and Questions Are Welcomed by the Committee

* This is the seventh of a series of articles prepared by the Committee on Occupational Health.

NEXT MONTH: "YOU GOTTA HAVE HEART"